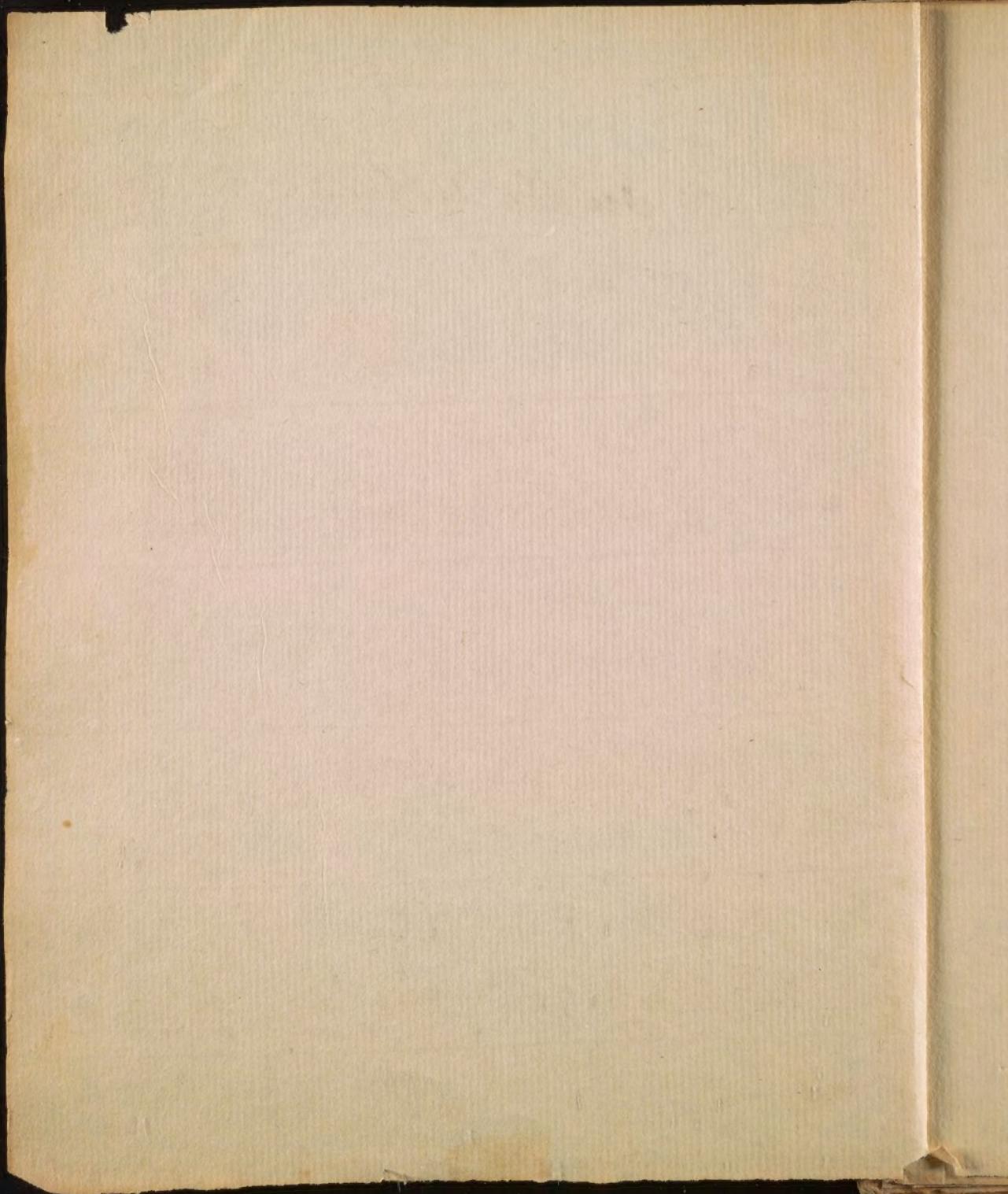


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On the Asthma.



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Asthma

a paroxysm of this

The premonitory signs of this disease are
are lassitude, downiness after eating & statuteny
wakefulness ~~and~~ ^{flatulence} and dry fit, pinches, low spirits & a sense of stricture across the
breast. I have known one instance in
which it was always preceded by sneezing.

After the paroxysm is formed, there is great
difficulty of breathing; the patient is unable
to lie down, but breathes easiest with his
head hanging down, and his legs horizon-
tal so as form an acute angle with his
body. By this position the dimensions of the
thorax are enlarged 20 lines, or nearly an
inch and an half. Respiration is ^{quick &} attended
sometimes with a squeaking noise, and
again with a rattling noise, like beans in

✓ attended generally with exacerbations
every night.

a dry bladder. Inspiration is sometimes so
 (bladder) performed in a convulsive manner,
 by which means the glottis is suddenly closed
 in eating and drinking. The face is flushed,
 or pale, and sometimes a little swelled, - the feet
 and even the breath are generally cold,
~~cold~~ and a dry cough & vomiting attend it.
 Dry cough frequently attends it. The heat of
 the body is seldom increased, and the pulse
 is generally ~~natural~~ natural, but now &
 then quick, and intermitting. The paroxysm
 lasts from half an hour to two or three
 days, and goes off either
 with a copious expectora-
 tion of mucus and phlegm, or without it,
 and with a moisture upon the skin, warm
 feet, & cold air inspiration to sleep. But
 the disease sometimes assumes a chronic
 form, and exists for weeks & months &
 even years, I have once attended a gentle-
 man

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from the Island of Nevis ^{its wth whom it fit}
~~had existed~~ for a whole year, and I have
heard of a man who was bed-ridden seven
years without once lying down, in conse-
quence of a protracted fit of this disease.
In these cases disorganization generally
takes place in the lungs, and the disease is for
the most part ^{incurable} ~~incurable~~ but ^{this is} not
always ^{the case} ~~incurable~~. It was cured in my
patient from Nevis ~~at least~~ so far that
he was able to sleep in a horizontal pos-
ture in his bed, and ^{to enjoy} perfect intervals
of paroxysms of his disease.

I have once seen paroxysms of
this disease accompanied with Epilepsy
and Apsoplexy.

There is no disease which so exactly
resembles the paroxysm of Death, as a

V It is sometimes a hereditary disease. how
& then it makes its first appearance in child-
hood and puberty, but more frequently in
Adult life or in the evening of life. Its
fits occur ~~occur~~ daily, or weekly, or
Monthly, or once in four, ten, twenty
and thirty years, or but once in the
course of a whole life. It occurs in the
Spring and Autumn & often than in the
Summer & winter. It sometimes proves
fatal in a few years, but there are instances
of its having continued fifty years, with-
out destroying life. It continued thirty
years in Sir John Floyer during which
time he had 36 paroxysms in a year.

It generally attacks in the night, &
when the body is in a recumbent posture.
The ~~prolonged~~ debility which predisposes to
this disease according to Dr Cullen as well as =

4

paroxysm of Asthma. This should always
be recollect'd, but we should expose our pro-
fession by despising of the recovery of our
patients, or by abandoning them in this disease.

✓ The remote and exciting causes of Asthma,
act directly and indirectly upon the lungs.

The former are

= The disease ~~is~~ stated chiefly in the bronchial
reflex, and hence the absence of fever. ~~It is induced by that~~
~~genitalia~~
~~it has~~
~~been divided into dry and humid, or pituitous.~~

The dry is generally attended with a spasm
upon the bronchial reflex & is either tonic
or Clonic, according to the duration of the
paroxysm. It occurs most frequently in
early and middle life. - The humid, or pitu-
itous occurs chiefly in the decline of life,
or after the excitability of the bronchial

Nervous System sympathies with his disease more than the arterial. But it sometimes brings the latter into the sympathy as well as the former.

5

reps is so far worn down away that they
cannot assume that form of disease.
Sometimes the cessation of the spasmodic
Asthma is followed only by a moistough
attended with a copious expectoration of
Phlegm and mucus in the morning. The V

The remote and exciting causes of Asthma
act directly, and ^{and sympathetically} indirectly upon the lungs.

The ^I ~~factors~~ are

1 malconformation of the thorax. This was
the cause of the Asthma that ^{afflicted them} ~~met him~~ to
the celebrated Mr Pope during the greatest part
of his life.

2 The sensible qualities of the air. Great heat,
cold succeeding to heat, ^{and odorous} ~~and cold~~ Air intemper-
-tarily rare or dense -
this disease in different people according to
their indispositions. The worst cases of it

✓ a dense air induces it in some people &
cures it in others. The same thing is true
of ~~a rare~~ the air atmosphere when tem-
perately rare.

VI The asthma is sometimes induced by
high and again by low situations. It
exists in a city, & not in the country, &
in the country & not in a city, also ~~on~~
the Seashore and not at a distance from
it. In all these cases the sensible &
insensible qualities of the air probably units
in producing and exciting it.

6

I have ever seen were induced by the uniform heat of Summer: Dry winds induce it in persons subject to the spasmodic asthma, and moist winds to in persons who are subject to its pituitous form. It was induced for the first time in Mr. Bruce by the ^{Dry} ~~Dog~~ Samson wind in the deserts of Arabia. I have a patient in whom the moist East wind induces it ^{constantly}, ~~causes it,~~ ^{so} he induces it. This is certainly the case, that he can tell at midnight & in his bed where the wind blows from the East.

3 The insensible qualities of the air, that is air impregnated with the carbonic acid gas, hydrogen gas - metallic fumes, the smoke of tobacco, dust, and even hair powder.

4 Foarsta Certain diseases translated to the lungs particularly the gout, & cutaneous eruptions. —

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The indirect causes of Asthma are

~~1 Certain Odors.~~ It has been induced by ~~poisonous~~ substances, by strong perfumes, & the smell of new feathers, & spearmint.

~~2 Certain Aliments of an indigestible nature.~~

I have known it induced by eating Waffles.

~~3 Worms, and wind in the stomach & bowels, also long fasting, & meals at hours not ^{= biting.} regular.~~

~~2 Pregnancy.~~ It sometimes occurs for the first time in pregnancy, & becomes habitual afterwards, or it occurs only in pregnancy.

~~3 The suppression of customary discharges of blood from the Uterus, and hemorrhoidal vessels.~~

~~4 Gallstones and obstructions in the liver & spleen. 5 a stone in the kidneys~~

~~4 Hard running & climbing a hill hastily.~~

v

- III The sympathetic causes of asthma
are 1 Indigestible aliment. worms &
Wind ^{also long fasting, & meals at unusual hours.} in the stomach. Dr. Willis and
Rivinus have mentioned several cases
of asthma from ~~that~~ ^{a primary} affection of the
affection of the stomach. I once saw
it induced by eating waffles.
2 Obstructions in the liver & spleen &
gall stones in the biliary ducts.
3 A stone in the kidneys. An asth-
ma from this cause is mentioned
by Boileau.

8

It was induced for the first time by running
to a fire in one my patients, and in the
late Commodore Barry by walking hastily
upon a hill at Lisburn.

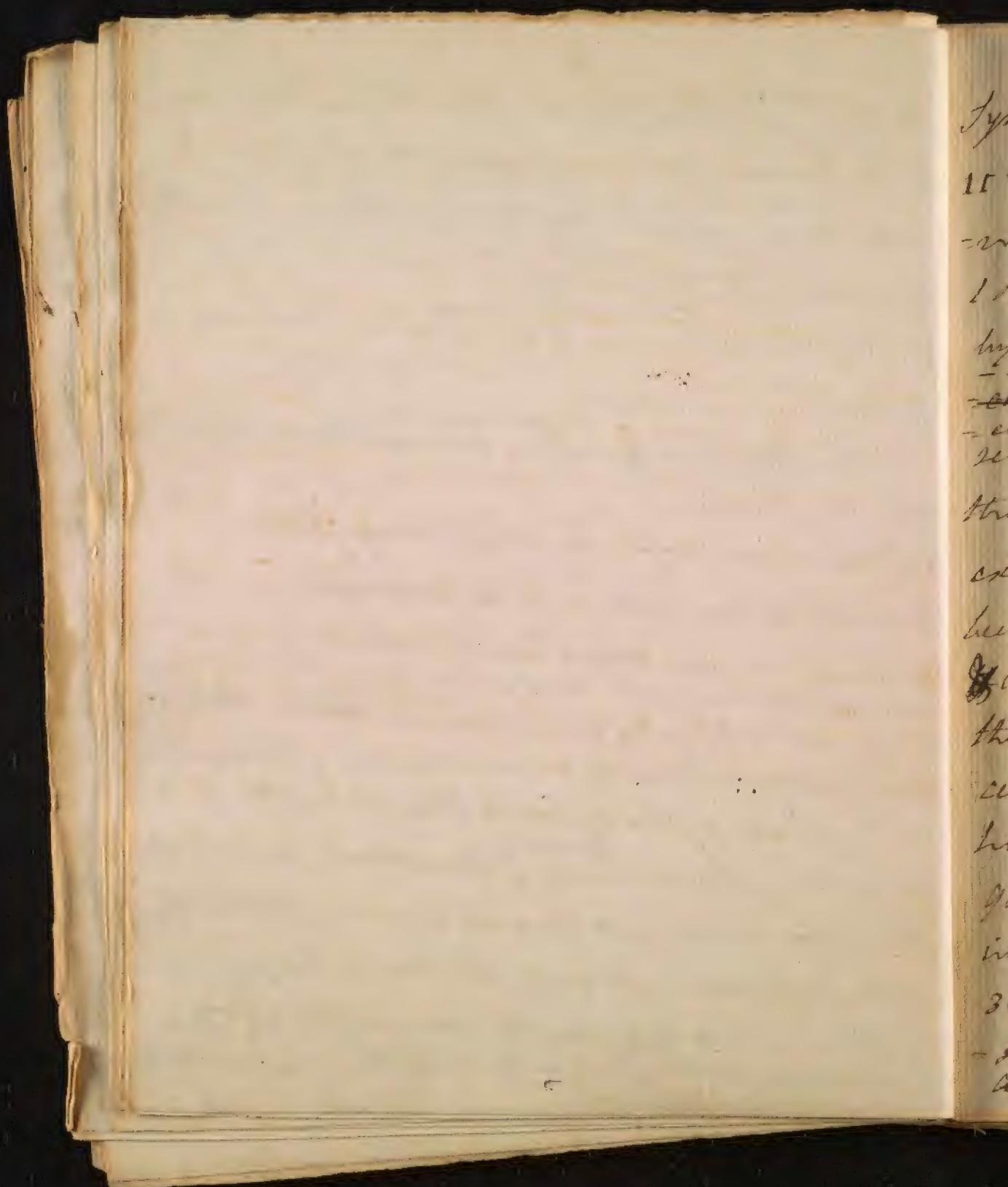
5th Certain passions of the mind particularly
anger. ✓

The Remedies for this Disease divide themselves
into three heads.

I Such as are proper in its forming state.

II Such as are proper in its paroxysms, and
III. Such as are proper in its intervals, and
calculated to eradicate the System from the System.

I have already enumerated those for the
premonitory signs of a paroxysm. The remedies
in this state of the disease should be the pedi-
-civium, Laudanum & Spirit of Hartshorn, mustard to
the feet, an emetic, and a prohibition of
a recumbent posture of the body. The paroxysm
will be more effectually prevented by the
patient's sitting all night, if the premonitory



9

Symptoms should occur in the evening.

15 The Remedies proper in a paroxysm of asthma are

1 Bleeding. The use of this remedy is indicated by the difficulty of breathing, and by the blushing and paleness of the face which are ~~not~~ ^{accompanying} the disease, and not the pulse, for as the blood vessels return ~~not~~ ^{not} to the sympathy of the sympathies with the bronchial vessels, the pulse is seldom excited above its natural state. I have long been in the practice of employing this remedy, always with advantage. I think I was the instrument of prolonging ^{formerly of this city for near} the life of a certain Robert Porter ~~for~~ thirty years by bleeding him in every paroxysm of his asthma. A gentleman from Paris who had not laid in a bed for a year was relieved by between 30 & 40 bleedings: To these were added an abstemious diet, blisters, Squills & calomel. And the disease has lately been completely

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eradicated from a lady by small & frequent bleedings. The advantages of it during a fit are 1 It shortens its ^{duration.} 2 It lessens its violence. 3 It prevents those ^{disengaging} obstructions in the lungs which are apt to induce Drowsy & pulmonary consumption.

Stomach
2 Emetics. These often induce immediate relief, by the action they exert in the stomach. Sennas are generally employed for this purpose but any of the common emetics of the shops will answer nearly as well. The Sulphate of Lime from its more prompt operation should probably be preferred.

3 Purges should be given to lessen the irritation which arises from continuing pressing up the bowels against ^{the} Diaphragm & thus lessening the dimensions of the thorax. They should of the most辰ent kind.



11

Cold or Warm
4 foot, or cold air, many cases, upon
show that, upon
word that both cold & warm air elicit
a paroxysm of this disease. Sir John
Floyer found relief from both. Sir John
Hawkins tells Dr. Johnson found relief in
the Asthma to which he was subject as
soon as he came into a warm room,
and sat down by a good fire. I knew an
English merchant in this city who was
much afflicted with this disease who al-
ways travelled with a faggot in his carriage
in order to obtain a fire promptly in
his room, the warmth of which always
gave him immediate ease. Perhaps the
benefit he derived in this case was derived
in part from the rarefaction of the

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air by means of the fire. The relief obtained from the opposite remedies of cold & warm air must be ascribed to the different degrees of morbid action in the lungs.

5 Liquid Aromatic may be given after depletion with great advantage in small but repeated doses. It is said to be improved by the addition of a little of the tincture of Asafoetida to it.

6 The pediluvium.

7 The Vapor of boiling water, alone or mixed with the Odor of Cloves, or with It is rendered more active by the addition of little mustard, horseradish, or bruised Cloves to it.

8 Blisters to the Wrists. I have often seen this remedy cure cut short a paroxysm

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of Asthma in a single night when applied at the proper blistering point.

9 Aids. Sir John Floyer found both the vegetable and mineral aids very useful in a paroxysm of Asthma.

10 Strong Coffee made by adding to 2*iij* of it 2*iiij* of water. It is highly recommended by Sir Jnl. Floyer and Sir John Pringle.

11 Snuffing tobacco. This has often weakened and shortened a fit of Asthma.

12 A Change of situation. ~~Thoslate Robt~~^{a merchant of this} moved his city R m: who had a country seat about a mile from the city was often afflicted with Asthma, & in the middle of the night. His remedy was to jump out of bed, and ^{ride on} walk to his town house in Water Street where he generally found relief, and slept soundly during

✓ This asthma was of that nature in which
the relative quality of the Air as to density, and
~~Since air is most favourable to respiration,~~
rarely affected ~~the~~ respiration,
for the Air in cities is not affected by
~~its~~ density according to the Barometer for
half a day. After it ~~is~~ ^{is} known the mercury
rises or falls in the Country.

the remaining part of the night. This remedy should not be resorted to until all or most of the remedies that have been mentioned have failed of affording relief. —

III. We come next to speak of the remedies that are proper to be given in the intervals of this disease, and that are calculated to eradicate it from the system. But a question will naturally be asked here is the Asthma a curable disease? — I answer — that it is, & that it has been cured by nature — by accident, time and by medicine. ~~and by time.~~

It has been cured

- 1 By pregnancy. Of this I have known an instance in a lady of this city. Her disease
- 2 by the change induced in the female system by the cessation of the menses. —
- 3 by a change of occupation, especially if

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Vmentions are instances of a mil-
= itia Colonel who had ^{been} much dis-
- tracted with the Asthmas, who was
- cured by the severe ~~exercise~~ ^{duties that were} attached to his military commission
- during the threatened invasion of
England by the Emperor of France.

The patient had been previously exposed by his business to the alternate action of heat & cold, to lifting weights, and to floating particles of offensive matter in the air.

4 By the hardships of a savage life, a woman was taken prisoner by the Indians during the last French War in this Country who had been afflicted with the Asthma, and was peacefully cured by living over years among them in the constant practice of this manner of living, and Dr Brice^v

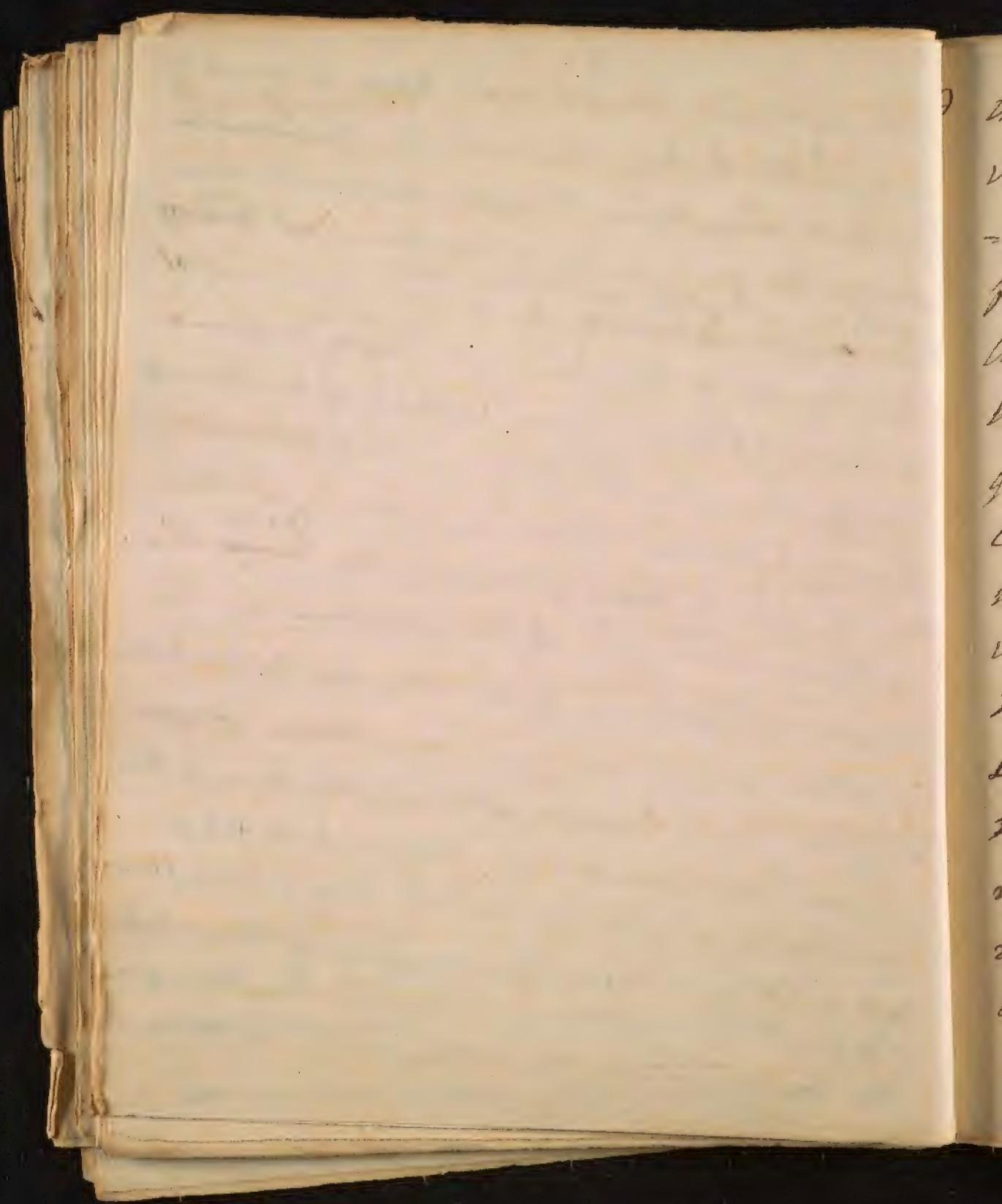
5 By own diseases. The gout has in the limbs &c sometimes cured it. The Jaundie cured it in a lady in this city who had, afflicted with it for six years. It has been cured likewise by a spontaneous swelling in one of the legs.

6 A Change of Climate. The efficacy of this remedy has always been influenced by the nature of the Asthma whether it be dry,

V Many persons are relieved in like
manner by leaving the neighbourhood
of the cold sea shore, while others are benefit-
ed in an opposite state of the disease by running
to it. It is a singular fact that asthenic
patients are often relieved by going from
Naples to Venice and from Venice to Naples,
~~which~~ It has been said a voyage to India has
done no service in it. The reason probably
was, the asthma required a moist air, for
after leaving the shores western & eastern shores,
the air on the Atlantic & Indian Oceans
is ~~an~~ unusually dry.

16

or buried. In the former case a moist,
in a latter a dry climate has probably
the cure. Sir John Sloane could not live
out of the moist air of London and ~~was~~
~~read~~ of an English nobleman who
~~the Duke of Devonshire~~ could not live out of
the dry air of the Country. ~~The~~ Asthma
in each of them was probably of an opposite
character. The late Dr Jones lived tolerably
free of asthma after he exchanged the
moist air of New York for the ~~dry~~ air
of Philadelphia. — A damp cave in the
Island of Providence to which an asthmatic
patient fled to avoid a heavy storm of rain
enabled him to sleep ~~soundly~~ during the
storm, and induced him afterwards to fit a
bed there to which he retired every night for
years afterwards for the purpose of obtaining
sleep. Dr Reid informs us in his treatise upon
the consumption that there is a passage cut



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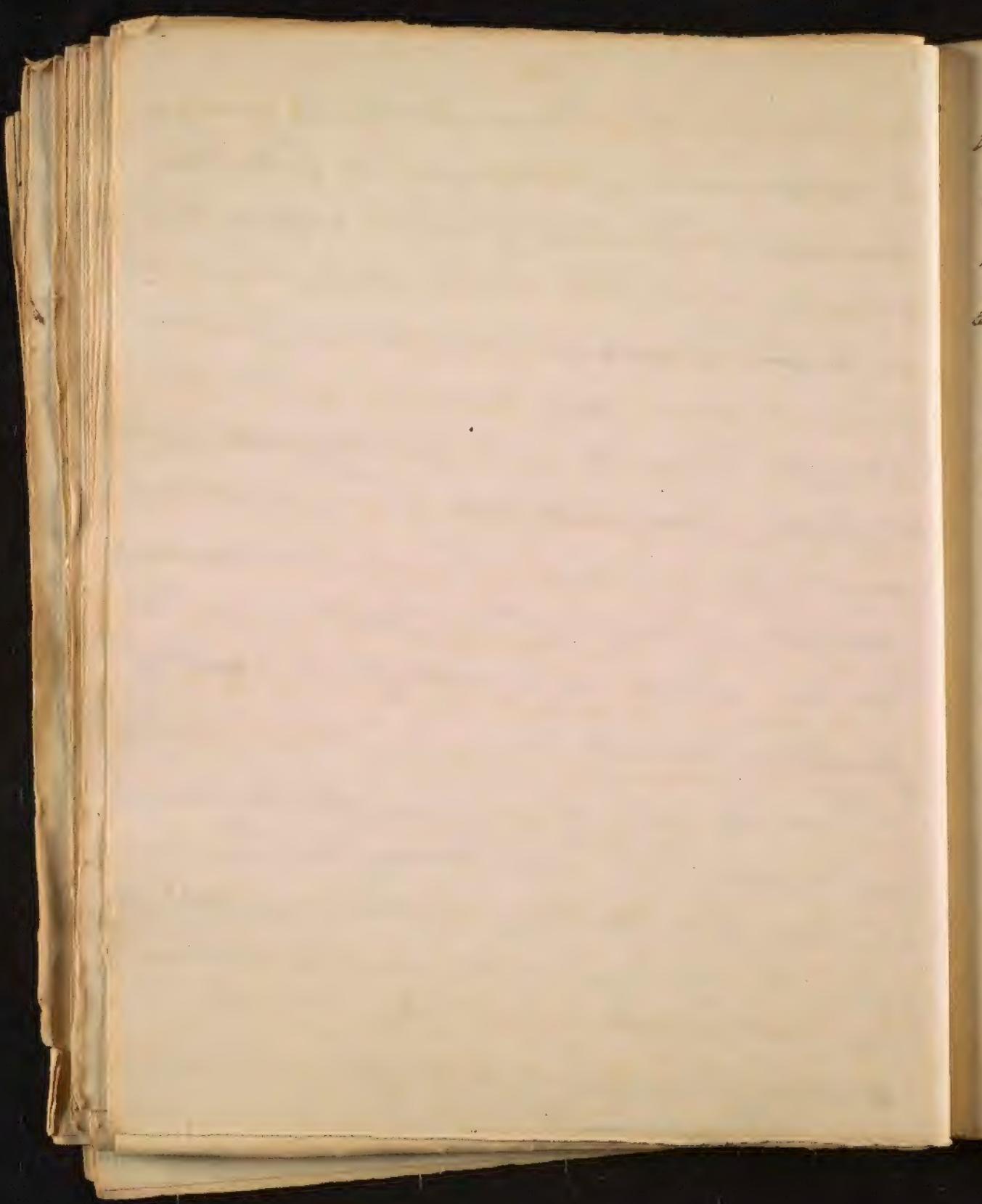
tho' a hill of flint & flane near Henley
in Oxfordshire in which Asthma pa-
tients breath with perfect ease probably
from its being damper than the external
air. Dr Percival in his medical Ethics tells
that riding thro' Colebrook Dale (a place
generally filled with the smoke of pit coal)
caused a lady of a asthma. In this case
the smoke of the coal congealed probably
with the moist atmosphere of the Valley.
It must be admitted however that ~~there are~~
cases in which a change of air has
suspended or cured an asthma; that will
not be traced to its dryness or moisture,
nor indeed to any of its sensible qualities.
What the nature of that matter ^{in the} ~~is~~
air may be which renders it medicinal



in this disease I know not. It may be active, and yet its particles like the contagious matter of the small pox & measles be so fine and so minutely divided as to ~~escape~~^{elude} investigation. If one grain of Copper gave a sensible color to 530, 600 times its bulk of water according to Mr Boyle) how is it possible ^{not be} surprised at the increase diffusion & inconceivable minuteness of those particles in the air on which its healthy & unhealthy qualities depend. —

7 Time has sometimes cured this disease without the aid of any of the ~~remedies~~ ^{natural or accidental remedies} that have been enumerated. The Cure in these cases depends upon the changes which time induces in the predisposition. —

8 Having mentioned the remedies which



19

have proved unceasful in the hands of nature,
or that have been performed by accidents
and time, we proceed next to inquire
into means which have been employed
for that purpose by medicine. I am
aware that Dr Cullen has said that this
disease cannot be eradicated by medicine,
but I cannot think with him. It has
been radically cured by medicine, and if
we have not been ^{more generally} ~~so far from~~ unceasful
in curing it, it must be ascribed to our
empirical mode of treating it, that is, pre-
scribing only for its name.

The Remedies for preventing a recurrence
of Asthma, and thus eradicating it from
the Constitution should be,

1 Small and frequent bleedings. These should

5.
V and by the patients having before-
-viously exposed to ^{other} any of its agents or
exciting causes.

~~This has been ^{most} useful where the pa-
-tions have occurred very ^{other} day. Per-
-haps an epidemic intermission may have
combined with the asthma in these
cases.~~

~~A tablespoonful of mustard taken every
morning also the constant use of earl
garlic, and the oil of amber.~~

20

be regulated ~~not~~^{only} by the pulse, but by the
habits of the patient, by his customary ali-
ment,^{or} by the season of the year & by the
current of the winds which usually induce
it ^{the disease} ~~&~~ I am persuaded a paroxysm might often
be prevented by a regard to these circum-
stances, and the habit of the disease by those
means be completely broken. The pulse =

~~an antiphlogistic or cordial diet suited to the state
of the system.~~ I have heard of a case of its being completely
~~cured by a diet of carrots.~~

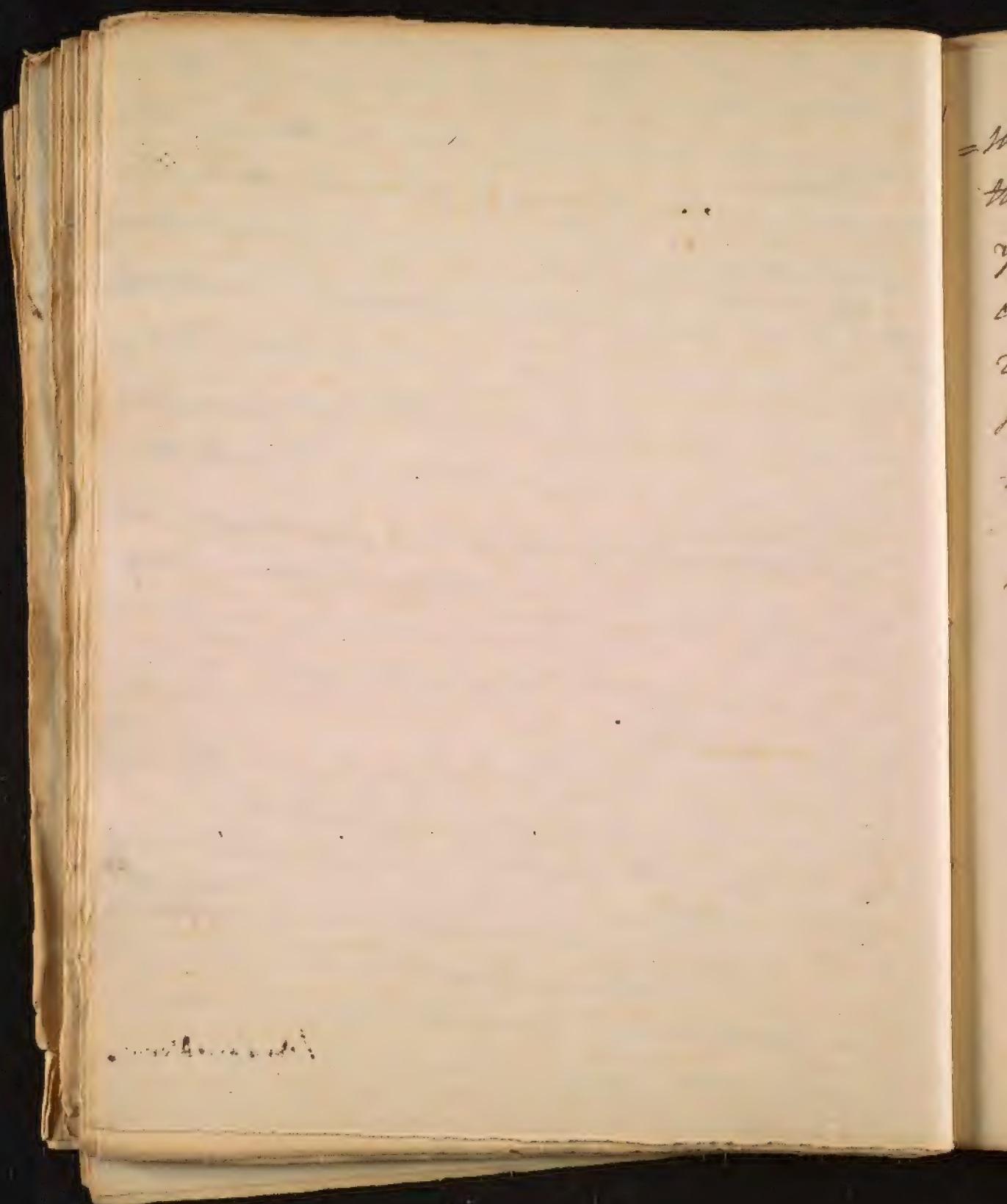
~~3. Closets in the side, or a perpetual blister
to the lower left arm, or upon one of the legs.~~

~~4. The Cold Bath.~~

~~5. The Dust of Iron enlivened with any aromatic
medicine that ~~is~~ ^{it} will help to lie more
easily upon the stomach. Dr. Bree speaks highly
of this medicine.~~

~~6. The Bark ^{1/2} of a stable spoonful of bran ~~to be had every~~
~~the seven days~~
~~The reason of this~~ last medicines~~

~~are to be preserved for years,
but an increase in their dose will be useful~~



- should be watched with great care, for altho' the disease be not seated in the blood vessels, yet a fulness in them, often becomes an exciting cause of a paroxysm of the disease.

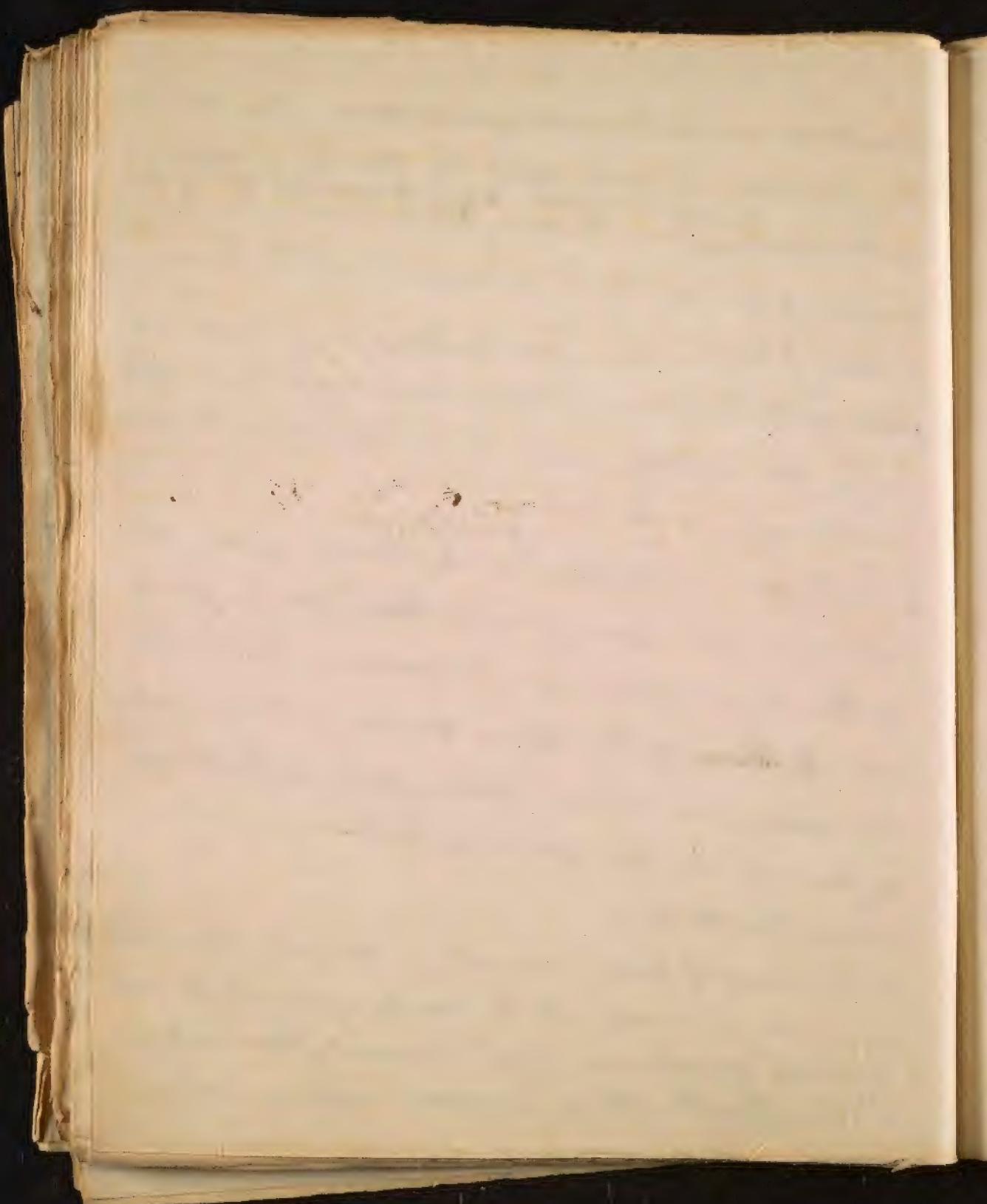
2 An Abstentious or Cordial Diet suited to the state of the System. I have heard of a Case of its being completely cured by a Diet consisting exclusively of Carrots.

3 A Slton in the side, or a ^{perpetual} blister upon the left arm or upon one of the legs. In favor of the application of a perpetual blister to one of ~~the~~ of the lower extremities, recollect the accidental cure performed by a swelling in one of the legs formerly mentioned.

4 The cold Bath.

5 The rust of Iron mixed with any pleasant aromatic to make it lie easily upon the stomach. Dr Bree speaks in high terms of this medicine.

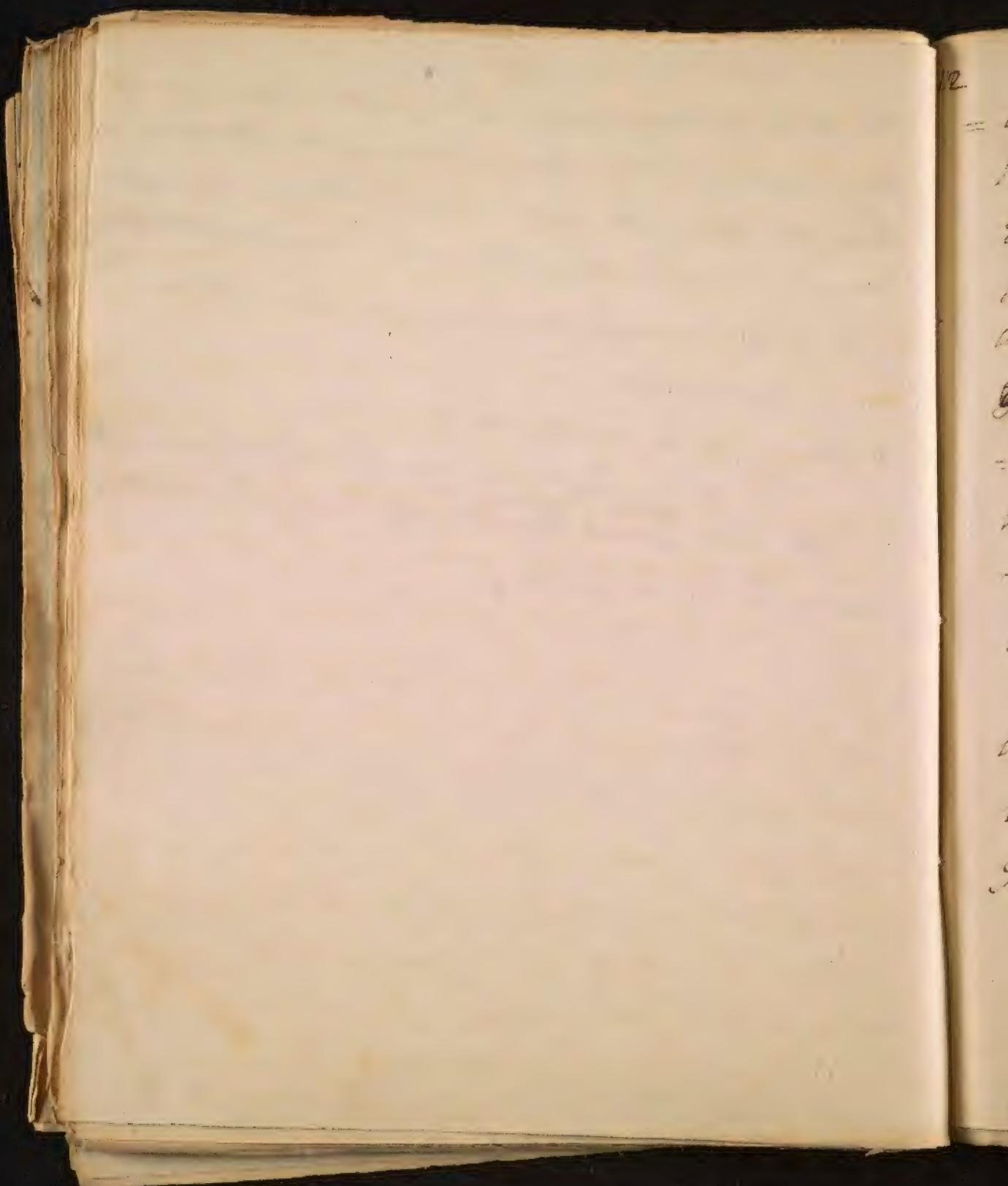
6 The Bark. This is most useful when



The paroxysms occur at regular hours every day, or every other day. Perhaps its efficacy in this case depends upon the asthma being combined with an epidemic intermission.
7 a table spoonful of mustard seed taken every morning.

8 Tar. q. garlic. 10 the oil of Amber.

The seven last remedies should be preserved in suspension & rotation.
in for years & the doses of them should always be increased =



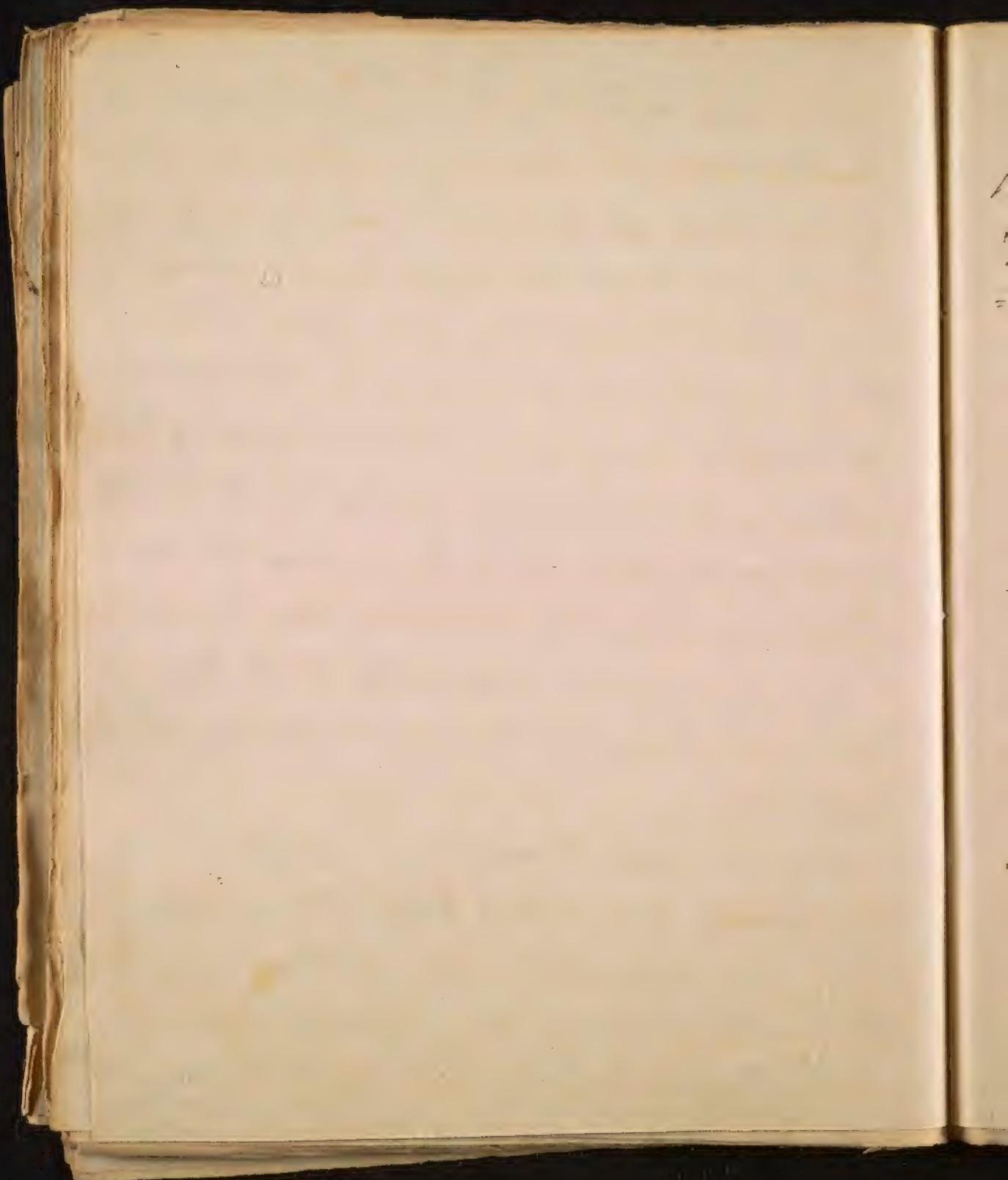
2
= a few days before we expect a paroxysm of
the disease.

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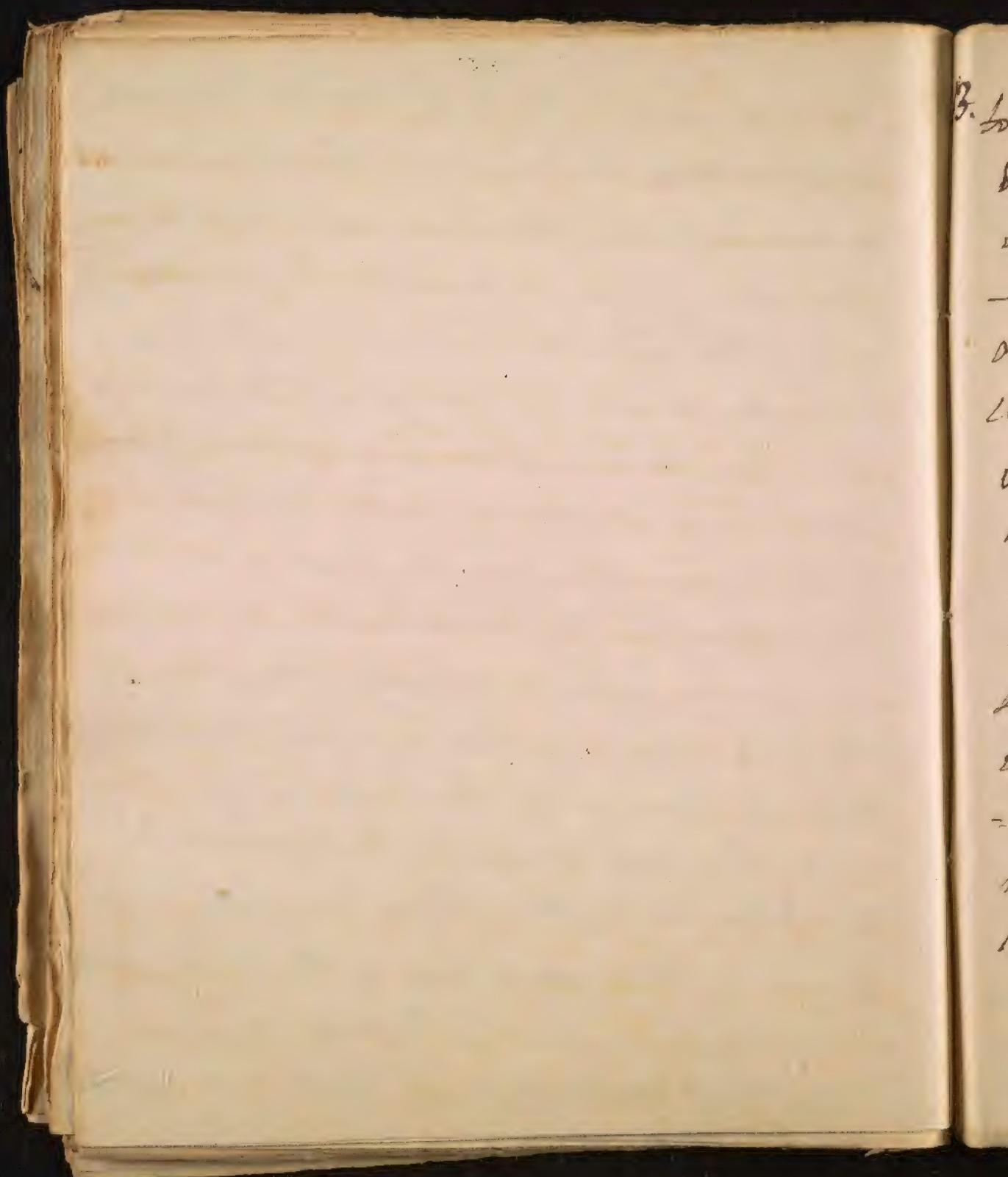
8 Hard labor. Resist the accidental losses
performed by this remedy in the course of
a militia regiment. Where labor will not
be submitted to, constant exercise particular-
ly long journies on horseback, and in bad
weather the exercises of ~~wrestling~~, grits, shuttle-
^{and all others that}
~~-cock & should be avoided~~. employ the arms
should be advised, for these more than walk-
ing, or any other exercise of the lower
limbs act powerfully in strengthening the
knees.

9 Sleeping upon a matrass. A lady in this
city was much relieved by this remedy.

- It renders sleep less profound than a feather
bed, and thus keeps up some degree of excitement
in the muscles which prevents its being
accumulated in



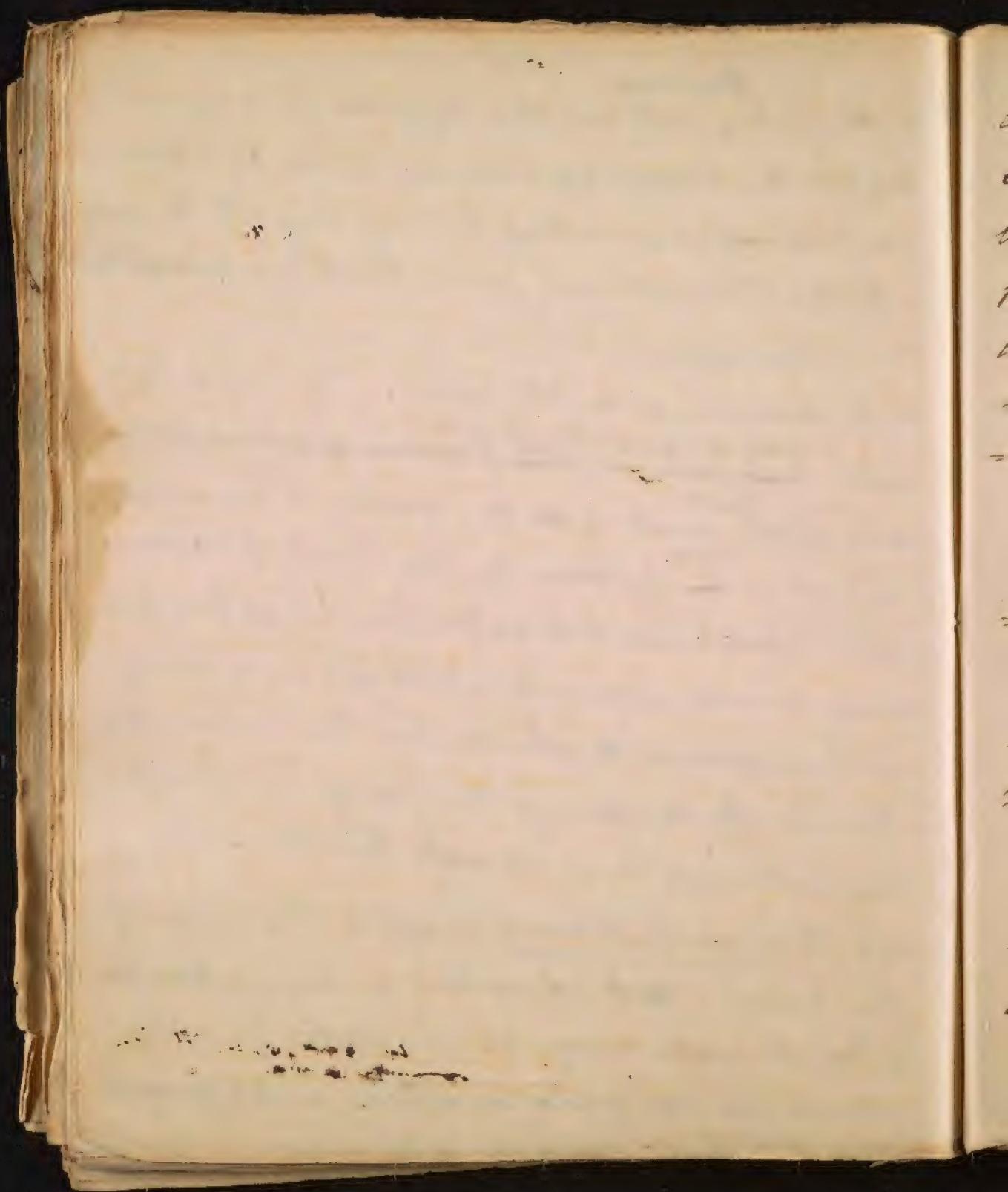
the bronchial eruptions of the lungs. The cure performed by the woman who passed seven years with the Indians was probably performed in a great measure by her sleeping upon the ^{bare} ground. Recollect that the Asthma generally attacks in the night. The firmness of a hard bed of course cannot fail of having some effect in preventing it. The late Dr Miller supposed he was preserved from the bilious fevers in the Delaware state by sleeping constantly upon a darkling bottom during the time of their prevalence every summer & fall. These fevers like the Asthma generally make their first attack in the ~~bottom~~ night. But there is another advantage in not suffering a total relaxation of the muscular system upon a feather bed. It imparts constancy to the stimuli that are intended



3. to breathe, and on this depends in a great degree the success of exercise, labor & medicine in ~~curing~~ preventing and curing all disease. — Of this I mentioned some striking proofs in our Therapeutics. —

10 A recurrence to old habits. I knew a lady who ~~had been in the practice of taking snuff~~ was of great service taken who had ^{been} cured of ~~an~~ an asthma by a change induced in ^{her} system by the hand of nature. She ~~had~~ laid aside her snuff box from some considerations to which I am a stranger, in consequence of which her asthma returned. By resuming the use of her snuff her asthma immediately left her.

14 A change of Climate suited to the nature of the disease. ~~and~~ where this is impracticable, a dry climate may be imitated by a stone room in cool & cold weather, and a moist



One by filling a room with vapor created by throwing water upon a heated stone, or by placing a vessel of water upon a heated stone. Travellers in the deserts of Africa we are told cure a temporary asthma created by the heat & dryness of the air by constantly holding a sponge filled with water to their mouths. Where the asthma is induced by certain winds only, a country should be sought for, ^asperately resolute in which the winds blow from a contrary quarter, or ~~where~~ ^{where} they are not impregnated with the mists that produce the ~~wind~~ unhealthy winds.

After all that has been said upon the subject of Air, Climate, and Winds, it is fact that we sometimes meet with cases of ^{asthma} that exist independantly of any of them, and return in spite of all the circumstances ^{to their relief} favourable ~~for~~ ^{of} ~~the~~ ^{at} removal of them.

V

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15 The diet in this disease should be light. All food difficult of digestion tends to bring on an exacerbation of the disease, from the sympathy of the lungs with the stomach. The meals should likewise be small in order to prevent the pupure of the diaphragm upwards, & thereby contracting the dimensions of the thorax.

If should all the Remedies that have been ~~recommended~~^{mentioned}, given in the manner & time that have been recommended fail of curing this disease, they will save the lungs from disorganization, and thus ~~and~~ prolong life, ~~and~~ and lessen the pain and misery essentially connected with the disease.

customary times.

✓ I shall only remark upon each of the Remedies that have been mentioned, that some of them have probably derived their credit from the Asthma going on from the influence of nature, ~~less~~ accidents & time. It is possible the Cures by some of those remedies may have been the effects of great faith in them, particularly of the more public ones, for it is remarkable that faith in all medicines is ^{often} in proportion to their fable & trifling nature.

Recollect that in this disease more than one system is often affected & that the systems must be plumbed, before we can expect much ~~benefit~~ benefit from any of our prescriptions for the disease as seated in the bronchial Vessels. — #

V here the patient dies in an early
paroxysm of the disease. -

Dissections after death show us no marks of disease of any kind in recent cases. But where the disease has continued for some time, it ends in pulmonary, pulmonary consumption, dyspnoea, dryness ^{of the throat} & ~~fever~~ now & then in insanity, all of which when they prove fatal, leave the parts affected in a morbid, or disorganized state. ~~It~~ There are instances near the heart, also instances of its terminating in a moist cough which continues for many years from the cause formerly mentioned without destroying life & in these cases the bronchial ~~repts~~ become ^{too} completely exhausted of their irritability as to be unable to excite the spasms upon which the progressive cause of the disease depended, and the disease shows itself only in a purer-maternal secretion & excretion of mucus. —

